



Disney  
Junior



My name is \_\_\_\_\_

I'm \_\_\_\_\_ years old.

# So Much You Can Do... To Take Care of YOU!



Wash Your Hands



Brush Your Teeth



Get Rest



Move Your Body



Eat Healthy Foods



Drink Water



Disney  
**JUNIOR**

# SING ALONG!

Time for your check-up! Time for your check-up!

I'm gonna check your ears • Check your eyes

Find out how much you've grown • Time for your check-up!

I'm gonna listen to your heartbeat • Fix you up ready to go

Time for your check-up! It's okay if you giggle • This will only tickle a little

Time for your check-up! Time for your check-up!



# Move Your Body & Sing Along!

Stretch and flex

Stretch and flex

Let's get better

Stretch it out together now

Get ready for action

Reach up high

Take it to the sky and down

To get ready for action

If your knees are wobbly

Head's a little bobbly

A bit of stretching's all you need

Ready steady GO!

Let's rock it

We'll be unstoppable

And ready for action

I'm ready for action

Are you ready for action?

We're ready for action.



# We Have A Diagnosis!

Today you learned there is so much you can do to take care of you!

Trace the dotted lines to help Doc match each problem with the best way to take care of it!



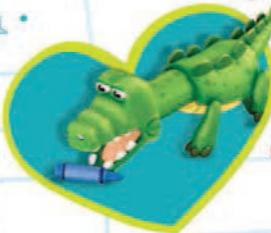
Dirty Hands



Tired and Cranky



Hot and Thirsty



Hungry



A bowl of fruit



Bed



Soap



A cup of water



# Help Doc Find Her Friends!



START  
HERE



LAMBIE

STUFFY

HALLIE

FINISH!



CHILLY



THE DOC MOBILE



# Your Toy's Check-Up Check List

Dr. \_\_\_\_\_

Child's Name

Toy's Name



## MEASURE

Use the scale and growth chart to measure the toy's height and weight.



## LOOK

Use the otoscope to peek into the toy's eyes and ears.



## LISTEN

Use the stethoscope to listen to the toy's heartbeat.



## TAP

Use the reflex hammer to test the toy's reflexes.



## CHECK

Use the pressure cuff to check the toy's pressure.

Great Job!

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# Certificate of Achievement GREAT JOB!

Dr.

Write Child's Name Here

Doc McStuffins gives her toys check-ups so  
they can stay happy and healthy. Today  
you gave your toy a check-up!



Write Toy's Name Here

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